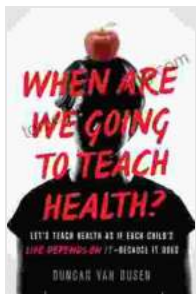


When Are We Going to Teach Health? The Importance of Health Education in Schools

Health education is an essential part of a well-rounded education. It teaches students about their bodies, nutrition, and how to stay healthy. This knowledge is critical for students to make informed decisions about their health and well-being.

Unfortunately, health education is often not given the priority it deserves in schools. In many cases, it is taught as an elective or not at all. This is a mistake. Health education should be a required subject for all students. The benefits of health education are clear. Students who receive health education are more likely to:



When Are We Going to Teach Health? : Let's Teach Health as If Each Child's Life Depends on It – Because It Does by Duncan Van Dusen

★★★★☆ 4.6 out of 5

Language	: English
File size	: 14223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled

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* Make healthy choices about their diet and exercise * Avoid risky behaviors, such as smoking, drinking, and drug use * Manage their weight * Prevent chronic diseases, such as heart disease, stroke, and cancer * Live longer, healthier lives

The Current State of Health Education in Schools

The current state of health education in schools is mixed. Some schools have strong health education programs, while others have weak or nonexistent programs. A 2018 study by the Centers for Disease Control and Prevention (CDC) found that only 38% of high schools offer a comprehensive health education course. This means that 62% of high school students are not receiving the health education they need.

There are a number of factors that contribute to the lack of health education in schools. One factor is the lack of funding. Schools are often underfunded, and health education is often seen as a low priority. Another factor is the lack of qualified teachers. Many teachers are not trained to teach health education, and they may not feel comfortable teaching about sensitive topics such as sex and drug use.

The Importance of Health Education in Schools

Health education is essential for students to learn about their bodies, nutrition, and how to stay healthy. This knowledge is critical for students to make informed decisions about their health and well-being.

The benefits of health education are clear. Students who receive health education are more likely to:

* Make healthy choices about their diet and exercise * Avoid risky behaviors, such as smoking, drinking, and drug use * Manage their weight * Prevent chronic diseases, such as heart disease, stroke, and cancer * Live longer, healthier lives

Health education should be a required subject for all students. It is essential for students to learn about their bodies, nutrition, and how to stay healthy. This knowledge will help them make informed decisions about their health and well-being throughout their lives.

What Can We Do?

There are a number of things that can be done to improve health education in schools. One is to increase funding for health education programs. Another is to provide teachers with training in health education. Finally, we can advocate for policies that support health education in schools.

We can all play a role in improving the health of our children. By supporting health education in schools, we can help our children make healthy choices and live long, healthy lives.

Resources for Teachers and Parents

There are a number of resources available for teachers and parents who want to learn more about health education. The following are a few of the most helpful:

* The Centers for Disease Control and Prevention (CDC) has a website with a wealth of information on health education. * The National Health Education Standards is a set of standards that can be used to develop health education curricula. * The American School Health Association is a

professional organization for school health professionals. * The National Association for Health Education is a professional organization for health educators.

These resources can help teachers and parents provide students with the health education they need.



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